

# BRITISH HE: HOW TO DO WELL AT OXFORD AND NOT LOSE YOURSELF IN THE PROCESS

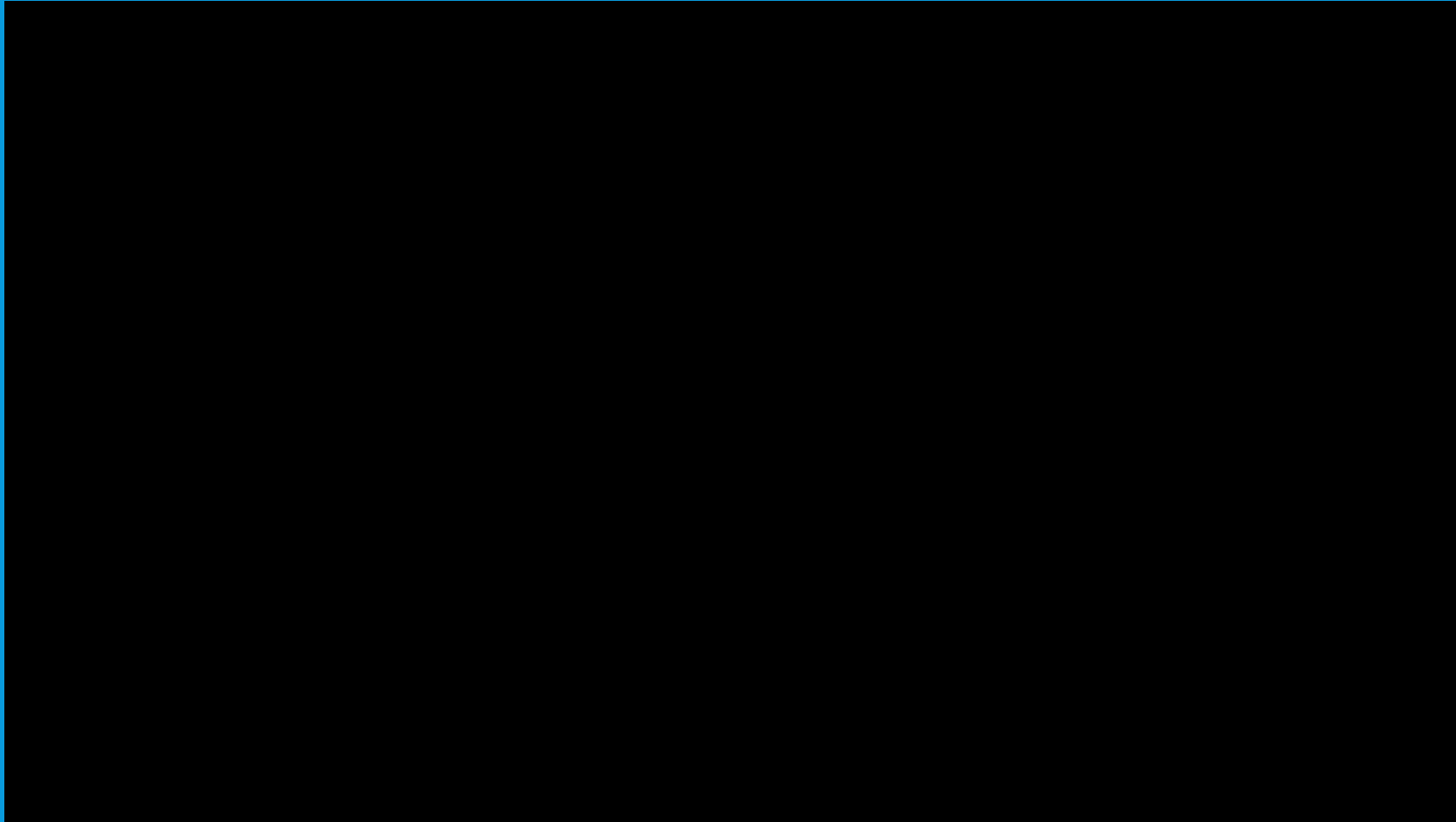
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# 1. LANGUAGE

YOU MIGHT THINK IT'S ALL ABOUT THE ACCENT...



# BUT ACTUALLY IT'S ALL ABOUT THE...

I have all the  
qualifications to get  
into Oxford

Don't listen to him,  
he's lying

Please, can you say  
something smart? I'll  
wait



Ouch, awkward!

Your qualifications  
are completely  
irrelevant!

This arguing is  
becoming unbearable

I'm out of here!  
You're all driving me  
crazy!

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
qualifications to get  
into Oxford

Don't listen to him,  
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Ouch, awkward!

Your qualifications  
are completely  
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becoming unbearable

I'm out of here!  
You're all driving me  
crazy!

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's lying

Please, can you say  
something smart? I'll  
wait



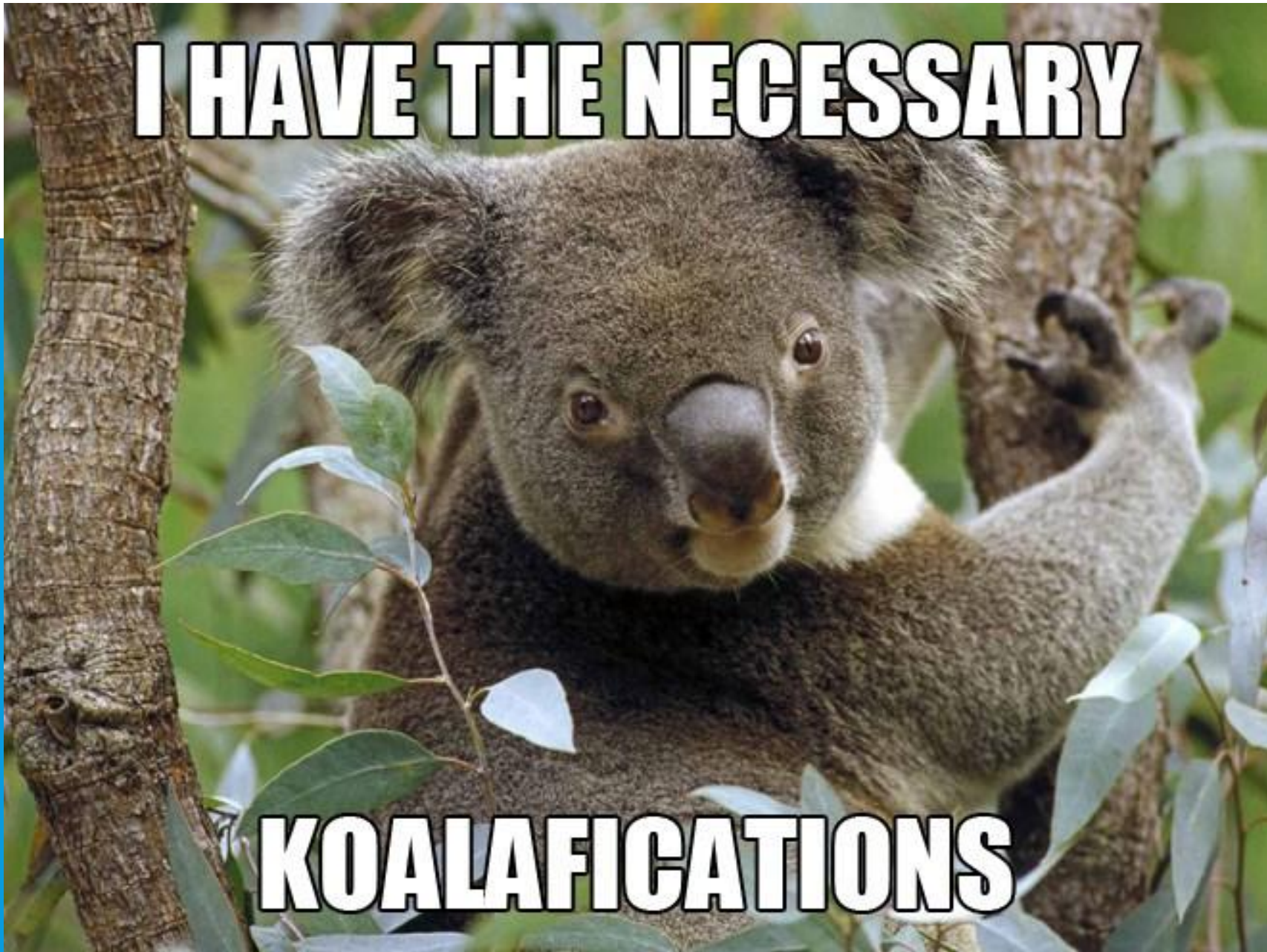
Ouch, awkward!

Your qualifications  
are completely  
irrelevant!

This arguing is  
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I'm out of here!  
You're all driving me  
crazy!

**I HAVE THE NECESSARY**



**KOALAFICATIONS**

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's lying

Please, can you say  
something smart? I'll  
wait



Ouch, awkward!

Your **koalafications**  
are completely  
**irrelephant!**

This arguing is  
becoming unbearable

I'm out of here!  
You're all driving me  
crazy!



**YOUR KOALAFICATIONS ARE**



**COMPLETELY IRRELEPHANT**

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's **lion**

Please, can you say  
something smart? I'll  
wait



Ouch, awkward!

Your **koalafications**  
are completely  
**irrelephant!**

This arguing is  
becoming unbearable

I'm out of here!  
You're all driving me  
crazy!

**DON'T LISTEN TO HIM**

**HE'S LION**



# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

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**koalafications** to get  
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Please, can you say  
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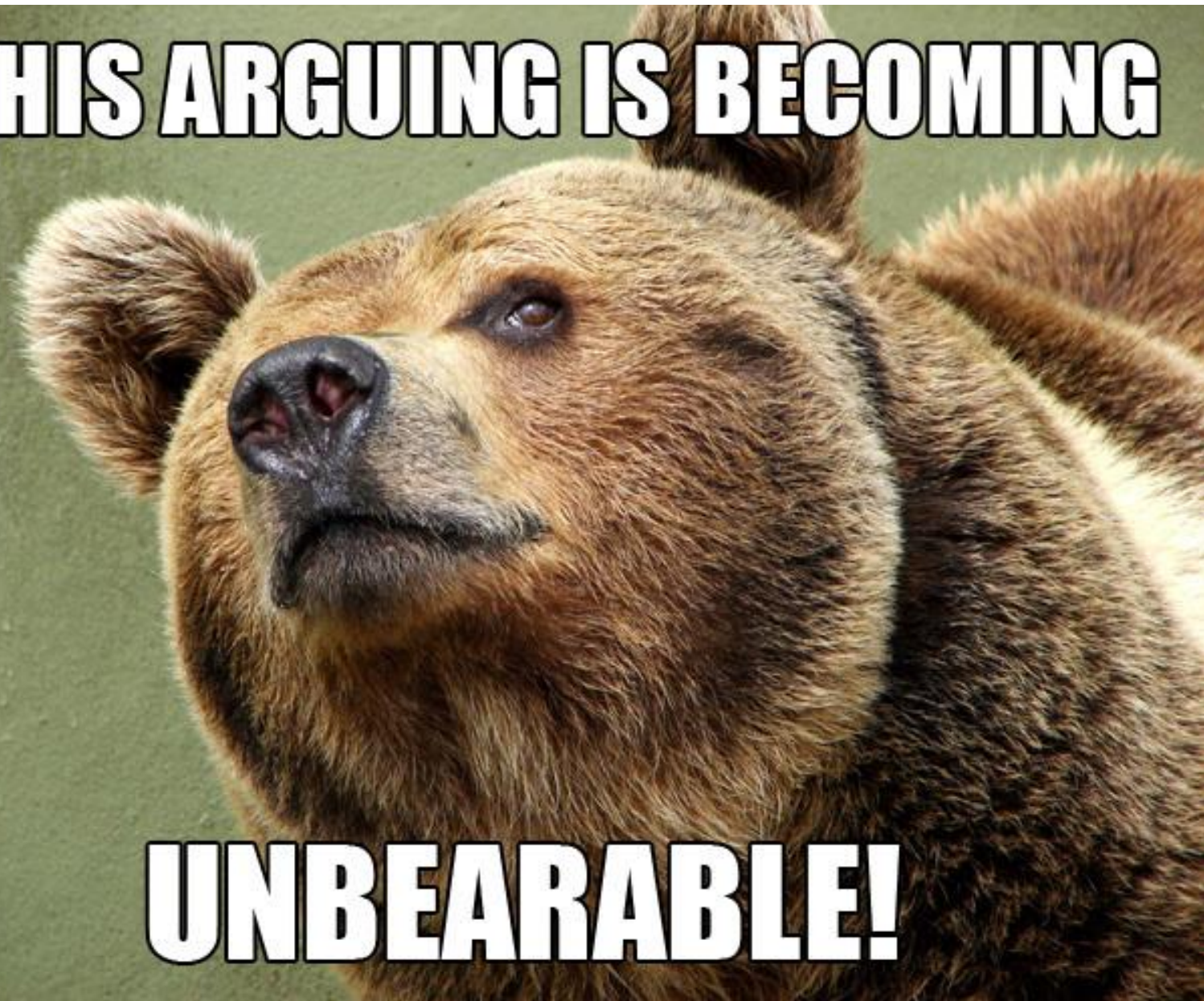
Ouch, awkward!

Your **koalafications**  
are completely  
**irrelephant!**

This arguing is  
becoming **unbearable**

I'm out of here!  
You're all driving me  
crazy!

**THIS ARGUING IS BECOMING**



**UNBEARABLE!**

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's **lion**

Please, can you say  
something smart?

**Owl** wait



Ouch, awkward!

Your **koalafications**  
are completely  
**irrelephant!**

This arguing is  
becoming **unbearable**

I'm out of here!  
You're all driving me  
crazy!

**HORSE PLEASE. WHEN DO YOU  
EVER SAY SOMETHING SMART?**

**DON'T WORRY, OWL WAIT.**

cycoze

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's **lion**

Please, can you say  
something smart?

**Owl** wait



Ouch, awkward!

Your **koalafications**  
are completely  
**irrelephant!**

This arguing is  
becoming **unbearable**

I'm out of here!  
You're all **giraffing**  
me crazy!



A close-up photograph of a giraffe's head and neck. The giraffe is looking slightly to the left. Its neck is covered in several small, dark birds, likely oxpeckers. The background is a blurred natural setting with trees. The text "I'M OUT OF HERE!" is overlaid in the top right corner in a bold, white, sans-serif font with a black outline.

**I'M OUT OF HERE!**

**YOU ALL ARE  
GIRAFFING ME CRAZY**

# BUT ACTUALLY IT'S ALL ABOUT THE PUNS

I have all the  
**koalafications** to get  
into Oxford

Don't listen to him,  
he's **lion**

Please, can you say  
something smart?

**Owl** wait



Ouch, **hawkward**!

Your **koalafications**  
are completely  
**irrelephant**!

This arguing is  
becoming **unbearable**

I'm out of here!  
You're all **giraffing**  
me crazy!

**OUCH**



**HAWKWARD**

# MORE ON THE RELEVANCE OF PUNS





## 2. BRITISH HE AT A GLANCE

# THE SYSTEM



# STUDENT LIFE IS BUILT AROUND

Academics

Sports

Social life

Volunteering





# A THRIVING ACADEMIC COMMUNITY!



# SPORTY 😊



# SOCIAL 😊



# KIND 😊



## BRANCH UP

[START HERE](#)

[APPLY](#)

Branch Up aims to provide disadvantaged children in the Oxford area with extracurricular opportunities



## LINKAGES

[START HERE](#)

[APPLY](#)

LinkAges helps students engage with the elderly community in Oxford and the issues facing an ageing population.



## OXFORD HOMELESS ACTION GROUP

[START HERE](#)

[APPLY](#)

The Oxford Homeless Action Group works to link the talents and concerns of students with the community services for the homeless that need their support.



## OXGROW COMMUNITY GARDEN

[START HERE](#)

[APPLY](#)

OxGrow meets to garden together in our beautiful patch of land in South Oxford

# 3. MENTAL HEALTH

# WHAT IS MEANT BY MENTAL HEALTH?

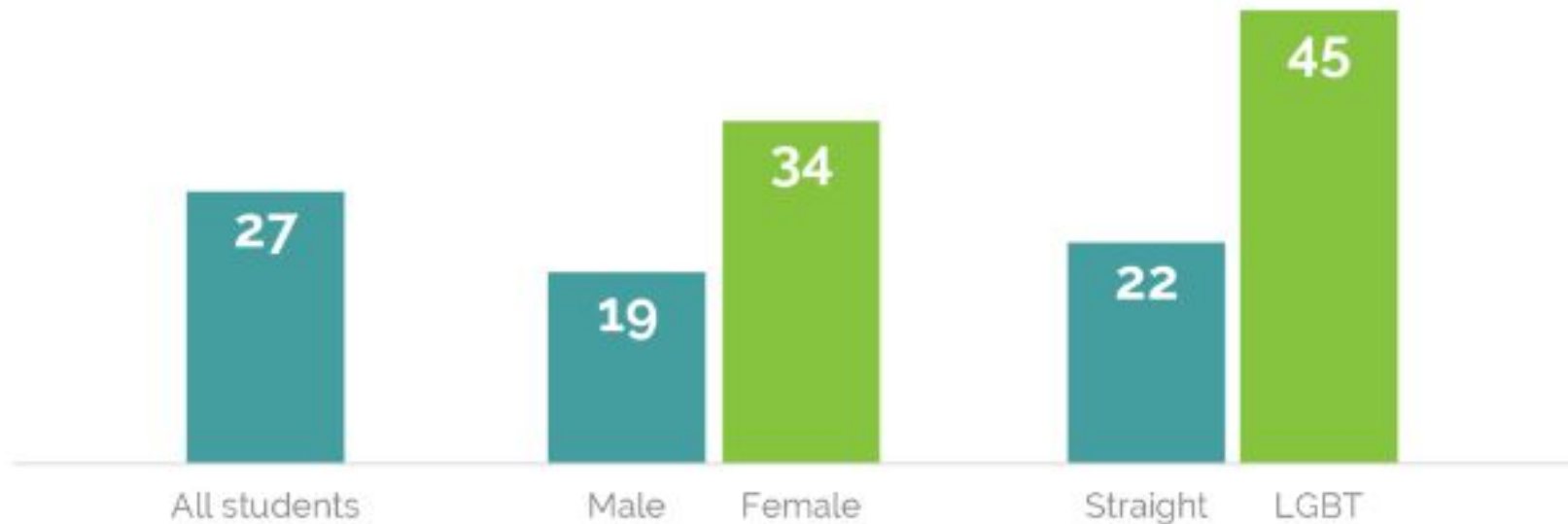
Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

# IS IT EVEN A PROBLEM?

## Prevalence of mental health problems among students

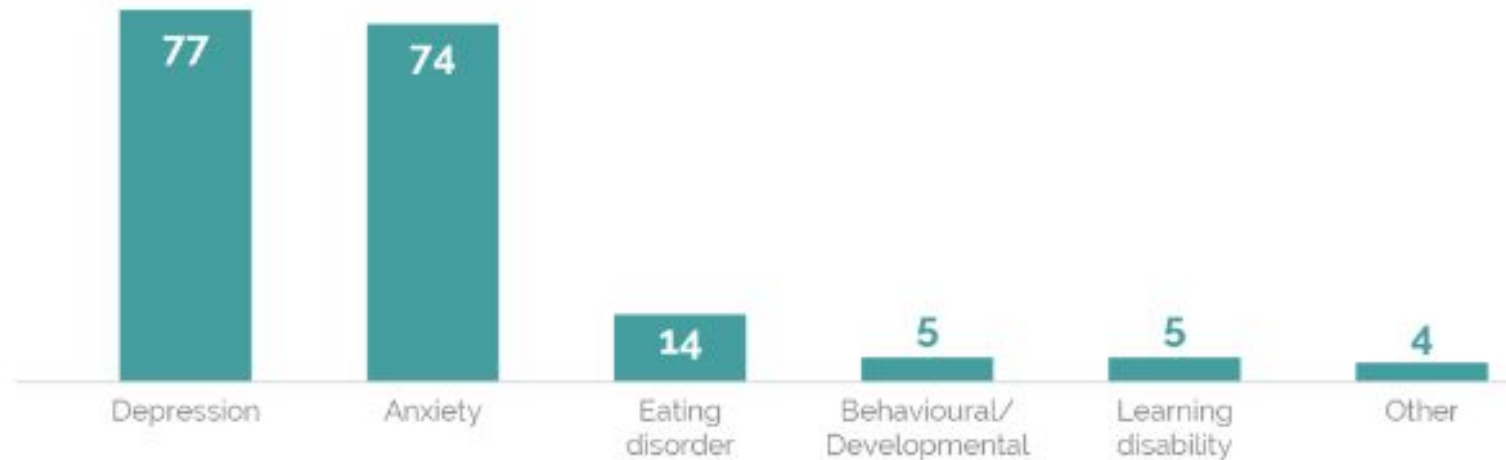
Do you suffer from a mental health problem? % of students who said "Yes"



# IS IT EVEN A PROBLEM?

## Types of mental health problems among students

Which of these best describes your mental health problem(s)? %  
(Select all that apply)

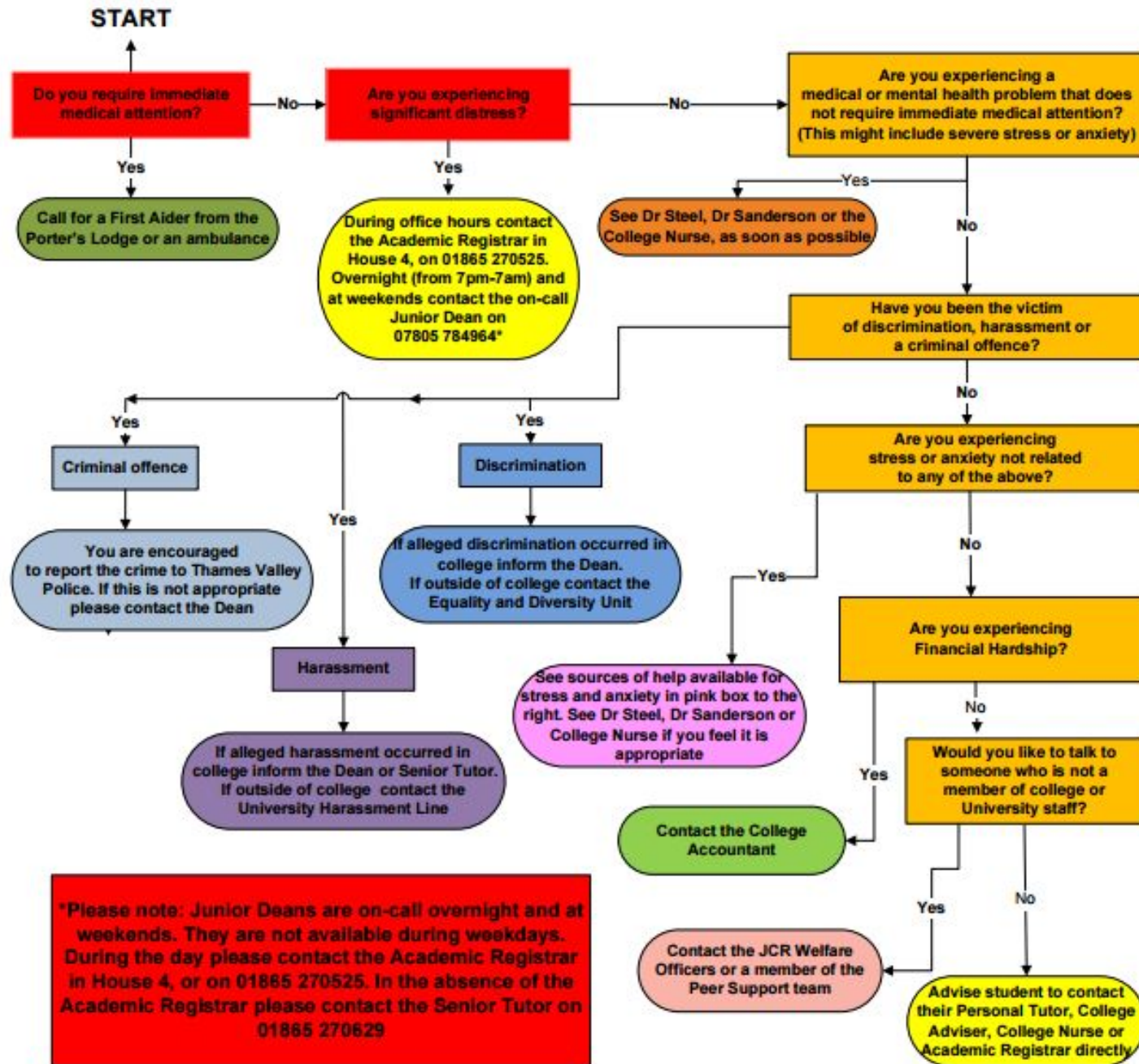




# STIGMA AND/OR NORMALIZATION!



# Welfare Support – A Guide for Students



**Porter's Lodge – 01865 270525**

Dr Steel and Dr Sanderson, Jericho Health Centre, New Radcliffe House, Walton Street, Oxford OX2 6NW. Call 01865 429993 for appointments from 8:30-18:00  
**Monday to Friday**  
 Lynn Cross (College Nurse) (Somerville - Darbshire 16)  
 Monday – 10:00-12:30 and 13:00-14:30  
 Tuesday – 10:00-12:30 and 13:00-14:30  
 Wednesday – 13:00-16:00  
 Thursday – 10:00-12:30 and 13:00-14:30  
 Friday – 10:00-12:30 and 13:00-14:30

**The Dean – deans.office@some.ox.ac.uk**  
 Equality and Diversity unit – <http://www.admin.ox.ac.uk/eop>

**The Dean – deans.office@some.ox.ac.uk**  
 The Senior Tutor – [senior.tutor@some.ox.ac.uk](mailto:senior.tutor@some.ox.ac.uk)  
 University Harassment Line – 01865 270760 or [harassment.line@admin.ox.ac.uk](mailto:harassment.line@admin.ox.ac.uk)

**Thames Valley Police Non-Emergency Number - 101**  
 The Dean – [dean@some.ox.ac.uk](mailto:dean@some.ox.ac.uk)

**Help available for stress and anxiety**  
 Student Counselling Service: <http://www.ox.ac.uk/students/welfare/counselling>  
 OSUS Student Advice Service: [ousu.org/advice/student-advice-service](http://ousu.org/advice/student-advice-service)  
 Somerville Peer Supporters: <http://blogs.some.ox.ac.uk/jcr/peer-support/>  
 Nightline: [users.ox.ac.uk/~nightln/](http://users.ox.ac.uk/~nightln/)

**College Accountant – Elaine Boorman – 01865 270636**  
 or [elaine.boorman@some.ox.ac.uk](mailto:elaine.boorman@some.ox.ac.uk)

**JCR Welfare Officers:** <http://blogs.some.ox.ac.uk/jcr/jcr-2/committee/>  
**MCR Welfare Officers:** <http://blogs.some.ox.ac.uk/mcr/committee/>  
**Peer Supporters:** <http://blogs.some.ox.ac.uk/jcr/peer-support/>

**All students are sent an email at the start of the academic year informing them of who their Personal Tutor or College Adviser is. If you aren't sure please ask the Academic Office, [academic.office@some.ox.ac.uk](mailto:academic.office@some.ox.ac.uk)**  
 Lynn Cross (College Nurse) – [lynn.cross@some.ox.ac.uk](mailto:lynn.cross@some.ox.ac.uk)  
 Jo Ockwell (Academic Registrar) – [jo.ockwell@some.ox.ac.uk](mailto:jo.ockwell@some.ox.ac.uk) or 01865 270525

# IT'S ABOUT STUDYING INDEPENDENTLY AND LIVING INDEPENDENTLY

Questions?

Ask now.

Email me:

[eva.zilber@some.ox.ac.uk](mailto:eva.zilber@some.ox.ac.uk)